

Statistics Report 15192, Fish, cod, Pacific, cooked, dry heat

Report Date: October 08, 2015 07:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	80.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kcal	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	354	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein	g	18.73	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Total lipid (fat)	g	0.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Ash	g	1.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fructose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lactose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Maltose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Galactose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Starch	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Iron, Fe	mg	0.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Magnesium, Mg	mg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Phosphorus, P	mg	345	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Potassium, K	mg	289	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Sodium, Na a	mg	372	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Zinc, Zn	mg	0.39	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Copper, Cu	mg	0.024	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Manganese, Mn	mg	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Selenium, Se	µg	28.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Thiamin	mg	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Riboflavin	mg	0.055	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Niacin	mg	1.343	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Pantothenic acid	mg	0.361	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-6	mg	0.136	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, total	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, food	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	79.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-12	µg	2.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Retinol	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin A, IU	IU	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin E (alpha-tocopherol)	mg	0.67	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Tocopherol, beta	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Tocopherol, gamma	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Tocopherol, delta	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin D (D2 + D3)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D	IU	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lipids													
Fatty acids, total saturated	g	0.105	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
12:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
14:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
15:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
16:0	g	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
17:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:0	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total monounsaturated	g	0.089	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
14:1	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
15:1	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
17:1	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:1 undifferentiated	g	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:1	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
24:1 c	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total polyunsaturated	g	0.201	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:2 undifferentiated	g	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:3 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:2 n-6 c,c	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:3 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:4 undifferentiated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:5 n-3 (EPA)	g	0.042	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:4	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:5 n-3 (DPA)	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:6 n-3 (DHA)	g	0.118	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total trans	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Cholesterol	mg	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.231	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Threonine	g	0.807	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Isoleucine	g	0.833	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Leucine	g	1.486	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lysine	g	1.716	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Methionine	g	0.512	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Cystine	g	0.167	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Phenylalanine	g	0.730	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Tyrosine	g	0.679	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Valine	g	0.897	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Arginine	g	1.204	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Histidine	g	0.397	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Alanine	g	1.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Aspartic acid	g	1.870	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Glutamic acid	g	2.818	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Glycine	g	0.871	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Proline	g	0.628	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Serine	g	0.794	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Footnotes

^a Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 91 mg sodium/100g.